My History with Dr.'s & Health Conditions

MY HISTORY WITH GPs & Dr.'s

My flow in life had been: suck it up, work through the pain, it will clear up with good self-care, if it doesn't, then see a Dr., like if it gets in the way of doing what you are passionate about. For things like the flu, colds, general malaise.

When I was a kid, with six kids, when others got sick, I think I tended to get sick. When they got the measles, I did. When mumps came around, I didn't get the mumps.

I had one bike accident at around 7, where I plowed into a brick wall, and was very proud of my 8 stitches. I seem to remember the Dr. had a beard.

I visited my brother in the hospital when he contracted spinal meningitis.

In college I went to see a PT for some body issues getting in the way of my dancing. He told me my body made no sense how it was organized, how things should go one way, and were doing another pattern. He fixed a frozen SI joint, on the right side and other things. Great experience!

I went to a chiropractor for whiplash treatment after a car accident at some point.

I went to see a chiropractor in grad school because something was out preventing me from dancing. He told me I had a mild scoliosis.

While in College I went to see a Dr. when my nose was broken, and I needed it reset (some tall big person plowed into me and kept plowing).

We started out with a fairly functional Dr./patient relationship - I hadn't worked through my fear of Dr.'s yet, and always accepted his course of action.

I did once go in with a list of things I had questions about, and he seemed really upset about that, and in general, I never seemed to be able to discuss all of the things I made a mental note that I wanted to ask him about.

I didn't have a GP until my 30s when my adverse childhood experiences caught up with me and my spouse insisted I

get a GP, and suggested his.

I see now why, when it came to this final round of issues, the system failed. I see now what action I should have taken, sooner.

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From: Patient

Sent: 1/28/2015 9:51 AM PST

To: MD

Subject: Non-Urgent Medical Question

Happy NY - hoping to see the PT I saw last year again. Get some ideas on addressing shoulder pain and pain on right side of body - 3 months - and flare up of old stuff - have tour to Europe this June and want to see if Alyson can help me come up with some treatment plan. Hope all is well in your orbit! Best - Patient